The Disease Misconception _ Dr. Andrew Kaufman interviewed by Billy Watson.mp3

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SUMMARY
Andrew Kaufman is a returning guest on Billy Watson TV and the two have built up a rapport. Billy asked Andrew what he has been up to since their last conversation about water fasting. Andrew has done several fasts since then, including a 26 day water fast and a seven day water fast. He did the fasting not for any serious health problems but to gain personal experience before recommending or teaching anyone a certain healing technique. He has followed this self-imposed rule or ethic since the beginning, and wanted to gain experience of fasting because he knew it was a powerful healing tool. The conversation discusses the role of drugs and other bioactive substances in the body. It is suggested that rather than having a direct action, they induce a reaction from the body which can often be a detoxification reaction. An example of this is when vegetables are consumed and they trigger a larger detox. It is proposed that this is simpler than when looking at diet which contains many things, such as herbal laxatives. Ultimately, the body can heal itself when these drugs are taken. The two speakers discussed how antibiotics are helpful and toxic at the same time. They work by killing bacteria which can bring about healing, but also can cause collateral damage to the body. They also discussed how antibiotics can turn off the body's inflammation pathway, which can be helpful but also can lead to symptoms such as pain, redness, and swelling. The speaker then used the example of banging one's fingertip to explain how the body can move past the inflammatory phase. In the conversation, the speaker discussed the common symptoms of an injury, such as swelling, pain and numbness. The speaker then explained why these symptoms occur, explaining that the swelling is a result of increased blood flow to the injured area, which brings more nutrients to handle the repair and removes waste products. The speaker also discussed why the swelling can be painful, explaining that it is to tell us to stop moving it around and allow it to heal. They then discussed how the swelling can be beneficial, by immobilizing the tissue and preventing shearing forces from damaging the wound margin. Lastly, the speaker discussed the common use of ice for an injury, explaining its scientific source and why it may not actually be beneficial. Ultimately, the speaker concluded by discussing the old Jewish remedy for a cold, which is chicken soup, explaining that it is beneficial because it contains collagen, which provides raw materials for repair.

TIMESTAMPS

0:00:27 Conversation between Billy Watson and Andrew Kaufman on the Benefits of Water Fasting

0:02:47 Conversation on the Role of Drugs and Herbs in Healing the Body

0:05:19 The Effects of Antibiotics on the Body

0:07:35 "Exploring the Benefits of Inflammation and Other Injury Treatments"

0:12:19 Heading: Boosting the Body's Ability to Repair Itself During a Detoxification Process

0:14:45 Conversation on Air Filters, Antibiotics, and the Carnivore Diet

0:16:26 Exploring the Carnivore Diet: A Discussion on Health and Nutrition

0:18:13 Heading: Exploring the Benefits of a Carnivore Diet and the Dangers of Processed Oils

0:24:02 Heading: Exploring the Long-Term Effects of Unconventional Diets

0:26:31 Discussion of Vitamin C Requirements for Low-Carb Diets

0:28:35 Investigating the Causes of Scurvy: A Review of Current Literature

0:33:17 Exploring the Myth of Scurvy: Examining the Evidence Behind Vitamin C's Role in Recovery

0:35:28 Heading: Exploring the Power of Mind Tricks and Cell Salts

0:38:18 Conversation on Cell Salts and End of COVID Conference Speakers

0:40:25 Heading: Investigating Alternative Treatments for Cancer

0:44:05 Conversation on the Benefits of Distilled Water and Mineral Intake from Food

0:49:23 Conversation on the Benefits of Listening to the Body and Detoxing for Acne

0:52:00 Exploring the Best Diet for Optimal Health: A Conversation with Charlie Anthony

0:56:47 Heading: Exploring the Benefits of Raw Milk with Andrew Jones

START OF TRANSCRIPT

[0:00:27] Dr. Andrew Kaufman

Hello, everyone, and welcome to another episode of Billy Watson TV. It gives me great pleasure to have a recurring friend on the show. I've not seen him for about five or six months, but I've always loved his previous chats with him and I love his work. So welcome to the show again. Andrew Kaufman. How you doing?

[0:00:41] Billy Watson

Great, Billy. It's good to see you again. It has been too long, perhaps has.

[0:00:46] Dr. Andrew Kaufman

Been a bit too long. Basically, you get involved in other things, but I've got lots of previous guests I've interviewed. But you're one of the ones I definitely don't want to lose touch with because you do seem like more of a friend. We've built up a little bit of a rapport, I guess, over the well and the COVID Madness and all the stuff. So keep in touch with your work and I just want to catch up on basically what you've been up to since I've last talked to you last time.

[0:01:10] Dr. Andrew Kaufman

I think we're talking about water fasting and things like that. So did you go away and do a fast? I think I'm not sure if you were going to do it. How did that go?

[0:01:21] Billy Watson

Well, yeah, I've done several fasts. I did in March of last year. So just over a year ago, I did a 26 day water fast, and that was an incredible experience. And in the fall sometime I forget exactly when, I did a seven day water fast. Kind of a tune up, if you will.

[0:01:44] Dr. Andrew Kaufman

And I've done a lot of just before. In between those two was the last time. What was the benefits you got from that water fasting?

[0:01:55] Billy Watson

Well, there were several things, so I didn't have any serious health problems when I embarked on this. It was kind of like for personal exploration and that I have this self imposed rule or ethic that before I recommend or teach anyone about a certain healing technique that I want to have personal experience. Now, I can't always do that because some things could be for conditions I simply don't have.

[0:02:29] Billy Watson

So I've done this really since the beginning with a variety of things, like Turpentine, for example. So I wanted to get the experience of fasting because I knew from my research that it was a very powerful healing tool, in fact, the most natural way to heal.

[0:02:47] Dr. Andrew Kaufman

These drugs and the body heals itself ultimately. So you're letting the body do that? Yeah.

[0:02:52] Billy Watson

Well, that's really important because there are a lot of what we might call bioactive substances or pharmaceutical substances or medicines or drugs, right. And we kind of think about this a little bit backwards in the conventional wisdom, right, that those drugs affect our body like that. They have a direct action.

[0:03:17] Dr. Andrew Kaufman

The chemical in that drug goes into your body, that chemical somehow does a reaction, and that's going to fix whatever's done and cure you.

[0:03:26] Billy Watson

Well, it's a little bit distinct to the way you look at it, right? Because the way we think is that a drug, for example, it produces a cure or a healing outcome, right. But the drug itself doesn't actually do any action directly unless it's destructive. So we know, like, if it was a strong acid, for example, and we dripped it on the skin, it would react vigorously with the skin and cause destruction of the tissue.

[0:04:06] Billy Watson

So there's those kinds of actions. But really what's happening, and this is true for herbs, all the kinds of things, is that the chemical or the foreign substance is inducing a reaction from the body. And many times that reaction is actually a detox reaction. Right.

[0:04:28] Dr. Andrew Kaufman

For example, I was going to get to this about vegetables. Actually, when you do a detox, you're actually taking that much toxins in from the fruit and vegetables and that triggers a bigger detox. Yeah, I was mental to get a grasp of that.

[0:04:43] Billy Watson

Yeah, it is really interesting. So you look at something a little bit more simple than that because diet contains so many things, but look at herbal laxatives. So we know that they're extremely helpful to bring about healing by just increasing the excretory pathways of the body. Right. Now, in a long term, they may not be. There is sometimes people can at least report becoming dependent on it or things like that, or senna over time can actually have a staining effect on your colon, if that's important.

[0:05:19] Billy Watson

I'm not sure. But nevertheless, what they really are is that they are toxins to the gut. Right. Even castor oil is also a gut toxin.

[0:05:30] Dr. Andrew Kaufman

Toxins as well. And that's how they work similarly. Yeah.

[0:05:34] Billy Watson

Well, that's a little bit more complicated. But yes, they definitely are toxic. Right. And really the name says so because antibiotic means against life. So it's kind of inherently like even the stated way that they work is that they kill living things, they kill bacteria, which are really part of us. So of course there's collateral damage from that. But that does happen, right? They have that kind of effect, like I was describing with a strong acid before. But there's other effects that antibiotics have, is that they can bring about an anti inflammatory.

[0:06:19] Billy Watson

Like they can cause the body to turn off its inflammation pathway, which is a healing pathway. A lot of people say inflammation is the cause of the disease, but they neglect to ask what's the cause of the inflammation? It's a symptom, right? Because the symptoms of inflammation are what bother us, because it's pain, swelling, redness secretions, all those kinds of things. But we have to look at what's the cause of that. And why can't the body move past the inflammatory phase? Because we're familiar with this from a simple injury.

[0:06:59] Billy Watson

Like, let's say you're doing some construction work with a hammer and nails and accidentally you bang your fingertip right now. Yes. Right. It's going to get numb, painful, swell up right. All these things going to be very uncomfortable, but we know that that's temporary because it's going to heal. And what we don't realize, though, is that that inflammation actually is the healing part. So the swelling is a result of increased blood flow. Now, why would that be important?

[0:07:35] Billy Watson

Because there's need for more nutrients to handle the repair. There's need to remove waste products from the damaged tissue, so more circulation needs to come there. Now, the fluid goes into the tissue to kind of flush it out, but it serves another purpose. While it's there, it immobilizes the tissue that's injured, so it's not moving around. And, like, there's no shearing forces of tissue in the wound margin going against each other. So it allows the healing to take place through natural immobilization.

[0:08:08] Billy Watson

Why is it painful? Well, it's painful to tell us to stop moving it and banging it around so that we allow it to heal. Right. Or to tell us, be more careful next time.

[0:08:21] Dr. Andrew Kaufman

I can't help think of this story. I've done my ankle ligaments and playing football, and I actually watched my ankle just swell up like that practically in an instant. And a trip to Amsterdam booked a few couple of weeks later, I could just hobble about in my living room, and I thought I could leave my crutches behind. That was the biggest mistake I've ever made. I walked in downstairs, hobbling for three days, and then when I got back, my ankle was twice as age.

[0:08:44] Dr. Andrew Kaufman

But, yeah.

[0:08:47] Billy Watson

Absolutely. It doesn't mean that you have to just stay motionless in bed when you have an injury. I don't mean to imply that, but you have to follow your body signal. So let's say you have an injury to one ankle. Well, you could actually stand on the other foot on 1ft, right? And then now you're using the muscles in your other foot, and that kind of sends a signal, perhaps, to your body also saying, we need to repair so that we can get back to this functioning.

[0:09:20] Billy Watson

Right. And so Tommy John, for example, he's an interesting individual and talks a lot about other ways of doing rehabilitation that defy. Like, here's an interesting thing, using ice for an injury, right? Now, ice, we know, can suppress some of this inflammation, which we just said is healing. But all medical people everywhere, right, they recommend ice. In fact, there's, like, an acronym. Rice, rest. Ice, compression.

[0:09:53] Billy Watson

And compression is also to prevent more swelling and elevation, which is to allow the fluid to drain and reverse the swelling. So it's all right against inflammation. But the idea of using ice, like interesting. Do you know where that comes from?

[0:10:09] Dr. Andrew Kaufman

No. Again, it's probably just passed down through the generations. Where's the source of it?

[0:10:14] Billy Watson

Well, no, there's actually a scientific source, but it has to do with dead bodies. That when they have a cadaver, they did experiments putting some of the tissue on ice and they noticed that it slows down decomposition of the tissue. Okay, so that's the justification for putting ice on an injury. Yeah.

[0:10:39] Dr. Andrew Kaufman

So basically you're telling us now that's not what to do because I've done it recently on an injury.

[0:10:46] Billy Watson

Well, I'm not telling anyone what to do because we all, as men, have the right to choose what we do with our own bodies. I'm simply pointing out that these things that we're commonly told are beneficial. If you start to dig down and look at them and say, well, what's this based upon? Where's the actual evidence? What you'll find is that it's not what it seems, and then you can kind of investigate. Are there other ways of dealing with these situations that are more successful?

[0:11:21] Dr. Andrew Kaufman

Yeah, it's difficult because some of the things get passed down are actually quite useful and then they get written off as old waves tales or something like that. But then other ones, as you say, that kind of thing, maybe the truth comes to light, then we need to stop doing it.

[0:11:35] Billy Watson

That's right. Well, the old Jewish remedy for a cold, for example, right, is chicken soup. So there actually is some wisdom to that because the soup, if it's made with the whole bird, it'll have a lot of collagen in it from the skin and the cartilage and the bone. And then that provides raw materials to do the repair after the cold. When you have an illness, usually the damage is already done by the time you get the symptoms, and the symptoms are related to the healing process. So you're providing the right raw materials to help the tissue repair.

[0:12:19] Dr. Andrew Kaufman

But it's a cold. Not really, as we talked about before, like a detoxification, like a healing crisis as opposed to an illness. But when that happens, the cell still need to repair. Or is it just a bad condition that's in a bad condition? So it needs to do that and then you need to boost it back up again.

[0:12:38] Billy Watson

Yeah. So, Billy, I totally agree, and we need to kind of redefine the term illness because it has a lot of implications and connotations that are not necessarily accurate. But anytime something's coming out of your body, that's the primary evidence that your body's detoxing. Right. Because why else would it be pushing something out? You're absolutely right. But there still is damage right, from that process because the old is going out. And so there needs to be some repair and new things put in for colds. I think about it really as the air filter change because that's where the air is coming through all year round and there's lots of bad stuff in the air and your body actually has specific ways of dealing with it. Right.

[0:13:35] Billy Watson

It's really a miracle of engineering. Right. Because the design that is used inside your nose is very advanced. It does things like it has these waves called turbinates and these are actually in the bone and that increases the surface area. So more of the air that comes through makes contact with the surface and then the cells on the lining have cilia little basically fiber projections. And it's just like the filter material on the air filter in your furnace which could be fiberglass. Obviously that's not what your body doesn't make it out of fiberglass but it's the same idea. It's these fibers that capture particles and such on the way through. So it's very sophisticated. And of course we know all air filters have to be cleaned or changed right in your dehumidifier, your home furnace, the cabin, in your vehicle or even the air. There's an air filter for your engine, right, to make sure. Because if we know if these particles get in the engine, your car won't run. Well, well of course if that's true for the car, it's got to be also true for our bodies.

[0:14:45] Dr. Andrew Kaufman

That's a really good way to look at it. It's just like an MOT. Almost a cold because kind of comes seasonally as well.

[0:14:52] Billy Watson

Yes, exactly.

[0:14:55] Dr. Andrew Kaufman

Just going back to start the army of satractim when I start going in antibiotics and stuff, we're talking about toxins and triggering the body healing itself through it's not the chemical itself that you're taking, it's the body being the intelligent thing. Even just talking about the nose and how incredibly it works and then people think there's no God or some kind of creator. It's just amazing. That the human body, we need to

give it more kind of credit.

[0:15:24] Dr. Andrew Kaufman

And I watched a video of you recently and it was quite surprised to see you on this topic but it's quite fascinating. Watch an interview with the other doctor. I wrote his name down somewhere but he was talking, Anthony Chaffee talking about the carnival, the carnival diet. And yeah, that was fascinating as well because when you think about it back in ancient day, the idea of it just being scavengers almost would make more sense because I'll be listening to people and there's all this pushing out for the big vegan and that's all healthy and salads and stuff. And then this guy started talking about toxins and vegetables and fruit maybe being specifically designed for burnts and animals but who's to say they're humans. There's actually a lot of toxins in the fruit and vegetables and that's why I said earlier, when you're having a detoxification, you eat fruit and vegetables and that kind of triggers the body to go into a bigger detox which you don't think that's what a detox is.

[0:16:26] Dr. Andrew Kaufman

So can you tell us more about why what you think about this guy's theory? Because obviously you're trying a bit of the carnivore diet and I heard you saying you were trying it in Mexico. So is this the way humans for naturally to eat and with all these other stuff that we're getting pushed is obviously a mega conspiracy because people are getting more and more ill these days in the past 50, 60 years and our diet is going more into the vegan, so called new age healthy lifestyle.

[0:16:56] Billy Watson

Well, Billy, this is a question that I really want to know the answer to and it's very difficult really to know for sure because how would you go about knowing the answer to this? And it's something I've been studying really for more than two decades. And the two things that I'm most interested in because for a lot of people, what they choose to eat and their diet and nutrition is more of a moral decision.

[0:17:29] Dr. Andrew Kaufman

This is a thing where you eat in animals, there is an element of being humanity and then again there's a whole slaughterhouse element to it as well.

[0:17:38] Billy Watson

Yeah, and I have a lot of concerns there as well. And I've looked into more detail and thought a lot about this issue. But I want to put that aside because really my primary interest is in terms of health and biology. So those are the things that I've most closely looked at and I've tried many different things. So I've been a vegan or a raw vegan and vegetarian for various lengths of times at various points in my life.

[0:18:13] Billy Watson

This is recent experience is the first time I've done anything like a carnivore diet. I've certainly eaten meat before and I've gone through different stages of different types of meat before figuring out what's really healthy and what's not.

[0:18:31] Dr. Andrew Kaufman

The kind of grazed natural animals meat, when you eat that compared to the poultry and the mass produced just because of the strength they've got in their muscles and all that kind of stuff, it's far better for you and they're all getting pumped with all the chemicals and things like that.

[0:18:45] Billy Watson

Right? No, absolutely. The animals that you eat should be raised on their natural food, sourced and raised in a way that they would live in nature as close as possible to that. I totally agree. And I'm not a big fan of some of the factory farming processes that are very inhumane and I'm not a consumer of that industry as a result of that. But what I'm really passionate about and want to know is one is what is actually the natural diet for mankind?

[0:19:20] Billy Watson

Is it carnivore scavenger? And there's some interesting things to look at there. And then also what type of diet has the best health outcomes and not just cherry picked, but overall for everything in the long term.

Right. So if you eat a certain way for the rest of your life, what's the long term results? Because I know that there's a very big difference between short term and long term results because diets can be for healing purposes, as we talked about, and that has very different nutritional requirements than to maintain your health and to rebuild from injury or debilitation or illness.

[0:20:01] Dr. Andrew Kaufman

Yeah. So, yeah, it's great. Fascinating. Did you try it? How long did you stay on it for, then?

[0:20:09] Billy Watson

Well, I'm still kind of struggling with doing it completely. So I started in, I think, mid January, something like that, and made it I'd say I got a full six weeks, more or less, of pretty strict carnivore, like only meat, eggs, some raw cheese, and yeah, that's it. Various kinds.

[0:20:42] Dr. Andrew Kaufman

I'm sorry, were you doing the salting off the meat and hanging on the rack and this kind of stuff?

[0:20:47] Billy Watson

Yeah, well, I did experiment, and I still do this with kind of dry aging or dry brining. There's different names for it. But yeah, this technique where you take a piece of steak is really what I mostly do this with, but you could do this with all kinds of cuts and put sea salt cover the outside of it and then put it on a rack that's like a drying rack that air can flow underneath it. And just put it in the refrigerator and make sure it's not touching anything for 24 hours.

[0:21:23] Billy Watson

And it really does amazing things to how the steak tastes. And it's also then properly salted, because salt is the mineral that we need most in our body. And so that's a very popular thing to do among the carnivores. But even if, no matter what, if you eat a steak, like I'm telling you, that's a great way to prepare it for cooking. And then you can cook it any way you like after that. Smoke it, fry it, grill it, whatever.

[0:21:55] Dr. Andrew Kaufman

Frying it, though. There's a book, I think it's called The Oil and of America, because a lot of the oils that we cook with are not very good, so you better cook them with lardo, something like that.

[0:22:09] Billy Watson

Well, this is something I've definitely talked about from the beginning, and all my protocols prohibit using any of these kind of seed oils or processed oils. And many of these things are actually rancid, and they have to put them through some kind of high heat process so that they don't smell rancid and people will eat them, like canola oil, for example. And yeah, they are extremely unhealthy. They have all the wrong fats.

[0:22:40] Billy Watson

It's a whole industry. They're very cheaply produced and used universally. And this is one of the big problems with processed foods, is that almost all the processed foods you see in the grocery store have these oils, especially the fried snacks, popcorn, chips, tortillas, all this kind of stuff is filled with these seed oils, and they have a lot of detrimental health effects. So whether you are vegan, vegetarian, omnivore, paleo, carnivore, you should avoid these seed oils in your diet at all. There are some vegetable oils that are relatively safe or healthy in proper amounts, use proper ways, like extra virgin olive oil, for example.

[0:23:29] Billy Watson

I think virgin coconut oil provides some decent levels of saturated fat. Like, we now know that saturated fat is an important part of the diet and has the link for heart disease has been completely debunked by data even from the American Heart Association, even though you do see doctors still talking about it on YouTube and such. But we need saturated fat in our diet in order to make cholesterol which is needed for making any cell in your body.

[0:24:02] Dr. Andrew Kaufman

Well, this is what happened with the cholesterol was kind of got demonized. So then people then started cutting the fat off their meat and things like that. Then they went on fruit and vegetables. And Anthony was saying basically we've got the recommended daily allowance for specific foods, but he's saying a lot of these foods are counteracting each other and breaking down things. But if you just take a lot of fruit and vegetables out and just eat the meat, that provides all our nutrients.

[0:24:36] Dr. Andrew Kaufman

So the things we're getting from, we think we're getting from fruit and all these other things we don't necessarily need because they're all in the meat.

[0:24:45] Billy Watson

I.

[0:24:46] Dr. Andrew Kaufman

Don'T know, basically for ten years.

[0:24:53] Billy Watson

So Billy, this is something I also recognize, is that some really interesting questions come up when you look at community who's done a very strict or unusual diet for a prolonged period. So this isn't also true among the frugavor community. Right. So there are some folks, like Lauren Lockman, who for decades have eaten nothing but fruit and lettuce. And so conventional wisdom would say that he would be deficient in a variety of vitamins, right? Like some fat soluble vitamins perhaps.

[0:25:27] Billy Watson

Certainly vitamin B twelve would be absent from the diet. Right. But he hasn't suffered the consequences of those deficiencies or had any illness, significant illness. Right. So also with people on the carnivore diet for long term, there are some nutrients which are said that they're important or required, but they're not really present in the meat that folks are eating, right? And so that would be like one thing is fiber, for example.

[0:25:57] Billy Watson

So the carnivore folks, or some keto folks too, they have pretty much almost zero fiber in their diet. I mean, some keto folks will eat salads and things, but if they're on a really super low carb, they would have essentially no fiber in the diet. So what are the consequences of that? Certainly people might say, well, just constipation, but those carnivores are not constipated. But the big one for me and that I've done a fair amount of research on this, is why don't they have scurvy?

[0:26:31] Dr. Andrew Kaufman

Well, the vitamin C, yeah, basically, right.

[0:26:34] Billy Watson

Because unless they're eating thymus, which is sweet breads or the spleen of the animal, and there are a lot of people in the carnivore community that don't feel you need to eat any organ meat or some even think that organ meat is dangerous and they just eat muscle meat. Right. And they are healthy after decades of doing this. So they got something like a 10,000 of the dose of vitamin C. That's the minimum requirement according to the USDA.

[0:27:09] Billy Watson

So why is that? Why don't they have scurvy? And that brings up another line of research, which it's not what it seems.

[0:27:19] Dr. Andrew Kaufman

Yeah, that was the point I was trying to get at. I think basically the vitamin C, they don't need as much of it because they're not eating all the other plants because that could be breaking down the other stuff that they're eating. So the vitamin C is required.

[0:27:30] Billy Watson

Well, it's not. Yeah, but in order to say that, well, you just don't need as much of it, first you'd have to show that you need it at all. Yeah, right. But also look at the sailors who said to have scurvy back in the days of colonialism, they had dried meat, didn't they?

[0:27:52] Dr. Andrew Kaufman

I wasn't sure. I was assuming it doesn't well, I.

[0:27:56] Billy Watson

Mean, that lasts a long time, turkey and such, preserved meat. So I think they would have had now I'm not saying they did because I actually looked into that as well, but it's also not what you think. So let me just kind of bottom line my research because I'm going to put out a more detailed kind of documentary style piece on this. But I went to the current literature to find cases of scurvy, right? Because there's got to be, if it's a real thing, there's got to be at least cases going on somewhere in the world that are in the medical literature.

[0:28:35] Billy Watson

So I found just a couple, not very many. And I kind of then looked into the research about okay, I'm like a lot of this research is from animal models and they were alluded to in one of this recent study looking at collagen synthesis, saying it's decreased. Well, we're told vitamin C is needed to make collagen. So that kind of makes sense. Right, but I thought it was peculiar that they had this animal model of guinea pigs and that they were feeding them some weird diet that wasn't even described in the paper.

[0:29:12] Billy Watson

So that referenced another paper back in the early seventy s, I believe. And that paper described this weird diet with basically like all chemicals and the biggest chemical was casein, the milk protein. But not like milk, just the purified protein. Okay. And we know that casein is what people with milk allergies have a problem with. So it's kind of interesting that why would they be fed a diet of this? I'm like, guinea pigs are herbivores. They don't have milk except for perhaps their mother's milk.

[0:29:53] Billy Watson

Right. But they're herbivores. So this is kind of weird. Give them casein from a cow's milk and a bunch of other chemicals. And some of the chemicals are vitamins and minerals. But I thought it was weird. So it referenced a paper that goes back to like the 1920s and this.

[0:30:14] Dr. Andrew Kaufman

Was right, go back and back to.

[0:30:21] Billy Watson

But now we're getting close to we're now in the maybe it's the 30s. It's right around the time that St. Georgie was accredited with discovering vitamin C and then won the Nobel Prize. So it's all kind of related to that. And this paper described all the animal models of scurvy that could be used. And it basically because they did a bunch of experiments where they used different animals, but most of it were guinea pigs, actually. But they did do stuff in rabbits and other animals as well.

[0:30:57] Billy Watson

They just tried them on different diets and then they saw did they have essentially symptoms similar to scurvy? They didn't actually have the same symptoms that are described like the bleeding gums, for example. They had bleeding, but in other parts of the body, like in their joints, not in the gums like the sailors were said to have. But nonetheless, they counted this as scurvy. And these animals with different diets had very similar issues to each other. It just wasn't exactly the same as the sailors.

[0:31:29] Billy Watson

But it was right before they had discovered vitamin C and it was before they knew which particular foods had vitamin C. So they described all these different diets that they fed to animals to induce scurvy. Now, some of the diets actually contained foods high in vitamin C. So in other words, they gave these animals vitamin C and they still had scurvy.

[0:31:58] Dr. Andrew Kaufman

The ones that they said had scurvy because this is a lot of work, is guesswork, isn't it, symptoms? And then they give a label to it.

[0:32:07] Billy Watson

So in other words, whatever the symptoms that they had that were causing scurvy, like the bleeding in the joints, it had nothing to do with vitamin C because when they fed them a diet of vitamin C, they still got scurvy. Now, what was common to all the diets is that one, they weren't the natural diet of the animal. So it made them essentially have to use food that's not their normal food. And then most of the diets were based on milk from another species, cow milk.

[0:32:41] Billy Watson

So giving cow's milk to an obligate herbivore mammal results in bad health. But scurvy, it seems, in these animal models has nothing to do at all with vitamin C. Yeah, I mean, it's.

[0:33:00] Dr. Andrew Kaufman

Hard to know what to believe these days. Things go on. It's like everything you thought you knew turns out to be the opposite. And a lot of these so called experts, as you probably thought you were one yourself, an esteemed doctor, then all of a sudden you kind of realize what you've been told doesn't hold up in the practical world. It's amazing.

[0:33:17] Billy Watson

I hear, well, I certainly wouldn't have questioned what scurvy is. But I also looked back to documentation of the sailors on the ships having scurvy and I found that they essentially were living in horrible squalid conditions and they were eating like rodents who were eating trash and excrement on the ship.

[0:33:46] Dr. Andrew Kaufman

Pretty bad.

[0:33:49] Billy Watson

And other unsightly things. They. Were even eating things that were not food.

[0:33:53] Dr. Andrew Kaufman

So basically, there is no such that thing as scurvy then. Really? It's just these guys are ill from bad diet.

[0:34:00] Billy Watson

Well, we could call it scurvy, but it has nothing to do with vitamin C.

[0:34:09] Dr. Andrew Kaufman

Because of how did it get better from the vitamin C then?

[0:34:14] Billy Watson

Well, basically what happened is they would eventually go into a port somewhere, they would reach land, and then they would eat good food from the local.

[0:34:28] Dr. Andrew Kaufman

People.

[0:34:28] Billy Watson

Available, and then they would get healthy again.

[0:34:32] Dr. Andrew Kaufman

Was there not something specifically to do with limes came into it? Because that's where they got called

limes.

[0:34:37] Billy Watson

Well, they were called that, but the evidence that that really did anything is not really quite, very clear. And there were other things that seemed to also be helpful that didn't have vitamin C. But the biggest thing I found is that really, once they got access to good, fresh food, the ones who survived and didn't die because some died of this, they got better.

[0:35:02] Dr. Andrew Kaufman

Yeah. So it's another myth, really, out there, like a virus myth and all the other ones catching a cold and things like that. The world is the narratives that can run the world and people's ideas of what's real. And that's why I quite like obviously you vash anything, you always go back to the evidence. Where's the evidence? Take it back to the underpinning. How does the engine work? Not just how to turn the car on kind of thing.

[0:35:28] Billy Watson

Well, really, it's the only way to understand what's what. Because like you said, there's so much subterfuge inversion of meaning, lies, propaganda. And many of the people that contribute to furthering the lie or building additional knowledge on top of lies or untruths, they do it innocently. They're caught up in it. Like, I was listening to an interesting story from this gentleman who he was describing from some conversations he had with virologists, how they're taught to not worry about doing control experiments, a crucial part of the scientific method.

[0:36:13] Dr. Andrew Kaufman

Science experiment.

[0:36:15] Billy Watson

No, right, exactly. So he's like, well, of course they're taught that you need to do control experiments because they learning science. But when they're taught virology, they're told that the control experiments have already been done and it's not necessary to repeat them anymore. Think how that mind trick is so powerful. Yeah.

[0:36:43] Dr. Andrew Kaufman

Again, it's that belief in authority, isn't it? Somebody knows better. Somewhere down the line, they've sustained all out, so take it as red. Just before we go, somebody asked me to ask you a question. So whether a member I hope you look at that wild forager her name in Facebook. How does self salts work in the terrain? I'm sure you must be familiar with George W. Kerry and Steve faultner Santa Bonachi's work on bringing his truth to light.

[0:37:18] Dr. Andrew Kaufman

I know he's touched on stationary earth, but basically cell salts, what are they and how do they work?

[0:37:25] Billy Watson

So cell salts are basically some mineral salts of various minerals like potassium, phosphorus, sodium, and others, and they hearken back to kind of ancient esoteric knowledge. I believe in disciplines like in alchemy and related to astrology as well, and they are ascribed to have various biological functions or associate with various organ systems. Now, this is an area that a lot of people have mentioned to me periodically, including Martin, who is a guy who ran my website and was a team member of mine for several years, is very interested in this topic.

[0:38:18] Billy Watson

And also Steve Falconer from Spacebusters, who I've done collaboration with. And we're both in the End of COVID conference coming up, and you should actually talk to Alex about interviewing some of the folks who are speaking at that. There's a large panel of speakers with amazing knowledge.

[0:38:42] Dr. Andrew Kaufman

Actually arranged another interview with Alec. I've talked to him because he said he was going to work on a project, probably this project, and they wanted.

[0:38:50] Billy Watson

Yeah, this is it. And he's super busy right now. But you should just go to the End of COVID website and you see all the speakers. You probably a bunch of them. You know already a lot of people.

[0:39:05] Dr. Andrew Kaufman

What, Steve Faulkner, he's done some great work with the End of Jim Theory movie.

[0:39:10] Billy Watson

Yes. And he is one of the speakers. I mean, of course, Kelly Brogan is one of the speakers and all the people that you might expect, but I'm sure there's some new folks that you may not know, and I'd be happy to introduce you if I know them. But what I was saying about the cell salts is the way that I get interested in investigating a new area or a potential thing that could be used to support the body's healing is by finding out that it helped someone recover from a serious life threatening health condition like cancer, heart disease, diabetes, things like that.

[0:39:59] Billy Watson

And I just haven't heard those results or seen evidence of those results for cell salts. I'm not saying they're not out there, I'm just not aware of them. And a few people that I've said, oh, will you show me this? And then I'll look into it. Or at least it didn't get to me what the evidence is. So other things like that, like this is how I looked into turpentine, fasting, all these kinds of different things.

[0:40:25] Billy Watson

Of course, I've talked a lot about the liver too, heavy metals, and all of the kind of things that I've looked into have always had that primary evidence. And there's other things that people want me to look into that I don't think there's that evidence for either. Like, for example, the browns gas water, the hydrogen water.

[0:40:49] Dr. Andrew Kaufman

Right, okay. People are saying that that's better.

[0:40:54] Billy Watson

Yeah. If I hear about, oh, there are ten people who were cured of cancer just from using hydrogen water, only then I will be happy to look more into it. But it's got to be kind of clear data because I think there might be some stuff about prostate cancer with that. But prostate cancer is something that really doesn't kill anyone and it shouldn't even be diagnosed or treated.

[0:41:23] Dr. Andrew Kaufman

I never killed Bill Hex because he became Alex Jones. Bill Hex died from pancreatic cancer. Well, you said prostate.

[0:41:31] Billy Watson

I said prostate, sorry. No. Pancreatic cancer has a very high mortality rate. I think Steve Jobs also had pancreatic cancer.

[0:41:41] Dr. Andrew Kaufman

How does somebody die from prostate cancer then?

[0:41:44] Billy Watson

Well, they don't die from prostate cancer. They die from the treatment for prostate cancer.

[0:41:50] Dr. Andrew Kaufman

Well, that's like most cancers or not because that's another cancer toxins.

[0:41:57] Billy Watson

Yes. No, I mean, it's true. You're right that much of the death from cancer is actually from the treatment of the cancer. But cancer itself can also be fatal. Like I've seen, for example, with leukemia, it be rapidly fatal. But it's interesting because in medical research, they consider it unethical to do cancer studies with a true placebo group where they don't do any treatment. So it's very difficult to know what is really the natural history of a cancer because almost all of the documented cancer outcomes in modern medical public publishing, they've all gotten conventional treatment pretty much, or some form of treatment. And that's why you have to look at other sources of data or you have to make inferences.

[0:42:58] Billy Watson

Like, for example, even with water fasting. So there's a lot of misleading studies in the mainstream literature about fasting because a lot of the studies are done with what they call a fasting mimicking diet where they're actually eating. They're not fasting, so they're pretending they're fasting. Or a lot of fasting studies are intermittent fasting where they only eat during a window of a few hours a day. And that's not fasting either, that's eating.

[0:43:28] Billy Watson

So there's one really powerful study where they do a 21 day fast water fast with cancer patients. But here's the problem. They don't do a group that just does water fasting and then compare it to let's a group with conventional treatment. They do a group with conventional treatment and a group with conventional treatment plus water fasting. But nonetheless, those water fasting group did significantly better.

[0:44:00] Billy Watson

Right.

[0:44:02] Dr. Andrew Kaufman

Next step then just try that by yourself.

[0:44:05] Billy Watson

Well, you should or just repeat that study or go around to cancer clinics and say, hey, start fasting your patients. But of course none of that's happening.

[0:44:18] Dr. Andrew Kaufman

Just with regard to water and how go a distiller because when you see the water coming out the tap and generally it's pretty bad. You can taste I was drinking tea, it's like that's off and it's like the metallic taste in it. So the water is superb. Now, I love the water, but some people say that it doesn't have minerals in it and you need minerals from the water actually drinking the distilled water somehow dragging minerals out of you and into your urine or something like that.

[0:44:46] Dr. Andrew Kaufman

Do you recommend distilling water and drinking that?

[0:44:49] Billy Watson

Well, this is a common misperception. I just think it comes from a lack of knowledge of exactly what happens to water when it enters your body and what exactly is the difference between different waters. So one thing is that the source of electrolytes and minerals for our body is not water, it's food. Even if you look at mineral water, that naturally occurs the osmolality, which is the concentration of the solutes in the water. So how much stuff is there in the water? Right. In terms of minerals, it's only between 20 and 30 milliamsms per liter.

[0:45:35] Billy Watson

Now, our blood, for example, or interstitial fluids, are around 300 milliasms per liter. So in other words, more than ten times as many minerals in our blood as in the mineral water. So now distilled water has zero. Okay? But think about the difference between zero and 20 to 30 is not that great as the difference from 20 to 30 to 300. So in other words, if water leaches minerals out of our body, whether it's distilled water or mineral water, it's going to leach minerals out of our body.

[0:46:19] Billy Watson

And that sort of does quasi happen because the inside of our gut is considered the outside of our body. Right. It has to pass through the wall of the gut somewhere to get truly inside of our body. So when material comes into our gut, into our stomach, the body wants the material there, even though it's outside the body, to be at the same concentration or osmolality as the body's fluids. So if we eat a dry meal of just solutes, then the body has to secrete free water into there to dilute it to 300 milliazms roughly. Right.

[0:47:10] Billy Watson

If we put just dilute water, which would be distilled water or mineral water, then the gut will secrete minerals, electrolytes into that fluid to make it 300. But then what happens after that is now it gets absorbed into the body. Okay? So those minerals that might leach out into a drink of distilled water, they don't go out of your body in the stool, they get reabsorbed back in. So you don't actually lose any minerals by doing that. Now, you could say that you dilute the overall store of minerals in your body.

[0:47:54] Billy Watson

And that's true. And that's true anytime you drink any water, unless you're drinking normal saline, which you wouldn't be able to drink because it would taste horrible. Like if you had that many minerals in the water you're drinking, you would spit it out, I guarantee. Right. So you have to get the minerals from the food, including the trace minerals and the major electrolytes, the macro minerals, like sodium, chloride, potassium, magnesium, et cetera.

[0:48:29] Dr. Andrew Kaufman

Yeah, again, what food? Because again, that guy's just living off steaks.

[0:48:35] Billy Watson

Well, steaks have minerals, right?

[0:48:38] Dr. Andrew Kaufman

Yeah.

[0:48:42] Billy Watson

The salt, the sodium is the one that's by far the highest concentration in your body. And so it's common that carnivores will just salt to taste because your body will tell you how much salt it wants by how salty things taste. Like, I used to be friends with a couple of ladies in college and they would drink one of them would drink the brine out of an olive jar and it just tasted good, right? So she needed salt in her diet for some reason, right? Because when I tasted that, I'm like, this is gross. It tastes like ocean water.

[0:49:23] Billy Watson

Right? And the body is very good at regulating salt. Like if you get too low, your body holds onto it and you pee free water out, right? There's a sophisticated mechanisms in your kidney that regulate salt.

[0:49:39] Dr. Andrew Kaufman

Again, if you listen to the body, for instance, pregnant women, they will get I'm not eating that now and I need this kind of thing. So the body takes them over.

[0:49:54] Billy Watson

There's one caveat in there, right, because they could have cravings based on food addictions too. So if they're craving something that is clearly unhealthy, then that's not the body saying that you need that food, right? But if it's like craving chicken soup or craving lobster tails or craving Brussels sprouts or carrots, whatever it is, then I'm sure that it is the body's wisdom trying to guide you.

[0:50:31] Dr. Andrew Kaufman

Yeah, we're coming towards the end of the time. I've really enjoyed the chat with you again. I just want to finish a bit, talk about your liver detox thing because you finally can give access to me. My son's got really bad acne and his diet has been pretty terrible. I've been laboring at him for ages and probably getting them to eat too many fruit and vegetables.

[0:50:59] Billy Watson

Acne is definitely unpleasant and teenagers generally have it the worst, but adults can have this too. And it's the skin obviously detoxing and if it occurs in the face, it's actually detoxing stuff out of the head and neck probably. So that's stuff that could be poisoning the brain. Once you understand that, then you can be grateful that this stuff is coming out instead of poisoning brain. Right. So it's a positive thing, even though it's unpleasant.

[0:51:32] Billy Watson

Now, that being said, there's usually two dietary factors that bring this out or increase it. And it's sugar and starch, essentially. So bread, pasta, refined starches, snacks, chips, pretzels, all that kind of stuff. And then anything sweet other than intact fruit, not smoothie fruit or juice fruit, but like a whole.

[0:52:00] Dr. Andrew Kaufman

Tons of monsters aloud.

[0:52:02] Billy Watson

Yes, exactly. So the biggest thing is by controlling the diet now, in the carnivore community, there are some things that they all report experiencing when doing the carnivore diet. And one of them is that the acne goes away.

[0:52:20] Dr. Andrew Kaufman

Right?

[0:52:21] Billy Watson

Now, I'm not saying if you did a very clean, raw vegan diet or a fruit diet. Also you may I'm not sure, I haven't heard this specifically, but that also could result in the acne going away completely. And then, of course, you can also do a detox protocol and accelerate things, but you still have to keep things clean afterwards to prevent it from coming back. But my son is a teenager and he occasionally has some acne outbreaks and he can directly correlate it with his diet. Like when he went on a vacation and was eating some foods that were there, tempting him because he ate at this kind of buffet that had an immense amount of food and he was eating there on a daily basis during the vacation.

[0:53:11] Billy Watson

So he made some choices and he could directly correlate those with the acne. And then when he cleaned up his diet, when he got back, he saw the acne go away.

[0:53:22] Dr. Andrew Kaufman

Yeah, it was very interesting. Obviously, you are what you eat, so we do need to really pay attention to so much rubbish in the supermarkets these days. It's worth to get the good food from basically, right?

[0:53:33] Billy Watson

Well, unless you believe that our bodies can change one thing into another, the only possible way you could get materials to make your body from is from what you put in your body. So it quite literally is true. You are what you eat.

[0:53:49] Dr. Andrew Kaufman

Yeah. So on the note and basically, if you got anything coming up these days you'd like to promote and share out.

[0:53:54] Billy Watson

There, well, I am putting together it hasn't been announced officially yet, but a very special day long event. Virtual event where experts in different areas of nutrition are going to all try to answer these two questions about what's the natural diet and what has the best health outcomes? So we're going to look at carnivore, but we're also going to look at vegan fruitarian. The keto low carb diet, as well as the sort of Western a price, what you might call a paleovariant diet that I've spoke at the Western A Price conference. And I've looked at that data as well, and it's going to give everyone an opportunity to see what the state of the

science is in all these areas and then kind of say, what do I think is most true for me?

[0:54:57] Billy Watson

Or what am I going to do now in my life? Am I going to try one of these diets myself and see what happens? Or guide my family in that direction? So I'm really excited and we've got some extremely awesome, super qualified guest speakers who are going to be talking at this event. So I'm really excited to announce that. So if you sign up for my newsletter on my website, then we will make the announcement in the next couple of weeks.

[0:55:27] Dr. Andrew Kaufman

Yeah, that sounds really interesting. I'm glad you took that idea up. Done that before I was going to suggest because I've got some friends who are vegan and I was going to say be good to have him and Charlie have a debate on this stuff was it. Charlie Anthony well, you know, this issue.

[0:55:44] Billy Watson

Is so emotional and contentious, I think it's risky to have a debate, a direct debate. But that's why I want to showcase. When I put out the interview with Dr. Shafee, I think there was a bit of a backlash of people saying that I'm only saying carnivore is the only best diet and that I'm anti vegan or that kind of thing. But really I'm on a quest to try and figure this out myself. And I don't know all the answers, but I'm willing to try different things personally to better evaluate them.

[0:56:21] Billy Watson

But this conference is going to feature people from all these different areas and we're going to listen to it with an open mind. And that's really my mission is to try and promote that. But that being said, when there's clear evidence of this or that, I can't ignore it. I have to make recommendations based upon that because that's in the best interest of folks who learn from me.

[0:56:47] Dr. Andrew Kaufman

Yeah, that's what we have to do. Get the science, get the evidence on the table. It's critical thinking, isn't it? Grammar, logic and rhetoric, the trivium. So we need all the facts on the table and people present their stuff and then take it to the next level.

[0:56:59] Billy Watson

That's right, yeah.

[0:57:01] Dr. Andrew Kaufman

Especially cow's milk as well. That's one Western price is like very much natural raw cow's milk. And then you said earlier the guinea pigs are having milk from another animal. We're eating this milk. It's like for cows to grow. So then you wonder pasteurization of the milk and that stuff is probably not good, but then the raw milk is that good. There's so many different aspects to also be good, to get on board with your webinar and see what's got to say on the different.

[0:57:28] Billy Watson

Yeah. And even people who agree on nine out of ten things don't always agree on that. It's like, can you drink any milk at all? Well, what about raw milk? What about a two versus a one? Right. None of these things are 100% clear cut. So that's why we need to learn, continue studying and do the best we can to make good decisions.

[0:57:52] Dr. Andrew Kaufman

Definitely. So thanks very much for your time, Andrew, and thanks everyone out there for watching. Hope you enjoyed that one. I'll be back with sometime soon if you want to catch up with my reviews at all my website, Billy Watson TV, Cheers, and now catch later. Bye.

END OF TRANSCRIPT